

# Hungry Children

## Definition of Food Insecurity:

Lack of access, at times, to enough food for an active, healthy life for all household members and limited or uncertain availability of nutritionally adequate foods.

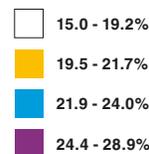
*Source: United States Department of Agriculture*

**When children don't get enough food, or don't have a well-rounded diet, they have more trouble performing in school and maintaining overall health than their peers.** Research shows food insecure children are more likely to suffer from illness, to have developmental delays, and to have health deficiencies that track into adulthood.<sup>1</sup>

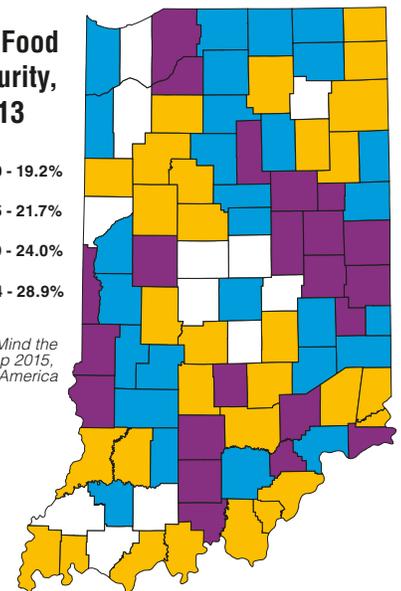
A poor diet can lead to energy imbalance, as well as a lack of focus and attention at school.<sup>2</sup> Food insecure children have been shown to eat infrequently, overeat when food is available and eat unhealthy inexpensive foods more often than their peers. These traits can cause children to be overweight or obese<sup>3</sup> Childhood obesity often continues into adulthood, meaning poor nutrition in childhood can have a lifelong impact.<sup>4</sup>

One out of five children in Indiana (21.8%) and 15.8 percent of Hoosier households are food insecure.<sup>5</sup> Rates of food insecurity are particularly high in households with incomes near or below the federal poverty level and in single-parent households with children.<sup>6</sup> Federal nutrition programs can help these households; however, more than one fourth of food insecure children are ineligible.<sup>7</sup>

Child Food Insecurity, 2013



*Source: Mind the Meal Gap 2015, Feeding America*



## Signs and Symptoms of Hunger:

- Fatigue and low energy
- Dizziness
- Dry, scaly skin
- Swollen and bleeding gums
- Underweight
- Poor growth
- Muscle weakness
- Bloating stomach

*Source: Kids Health*



Life events can trigger food insecurity. Potential events that disrupt access to food are changes in a family's housing situation, income instability, a decline in a mother's mental and physical health, or a decline in a child's physical health. Conversely, increases in income, improvements in a mother's mental health and increases in the number of adults in the household (including spouses, partners and grandparents) have been found most often to be associated with gaining food security.<sup>8</sup>

There are many ways for youth programs to help alleviate hunger for the food insecure children they serve. Afterschool snack and meal programs, nutrition education, and backpack food programs help children have healthier and more consistent food options. Youth programs can be an essential food access point for children who lack regular and healthy food options at home. Having a snack or meal after school can ease hunger for those who do not have a full lunch or dinner available.<sup>9</sup>

## Barriers to Healthy Food

**Some families cannot access healthy foods because of their distance from the nearest grocery store and lack of transportation to these stores.<sup>10</sup>** These families often live in food deserts, which are low-income areas where most residents live far away from a supermarket, defined as more than one mile in urban areas or 10 miles in rural areas. These areas generally rely on small grocery stores, which often have higher prices and don't always carry a broad range of food choices.<sup>11</sup>

Food insecure households also are more likely to use alternative means of transportation to access the nearest primary food store than those that are food secure:

- Food insecure households are less likely than food secure peers to use their own vehicle to go to the grocery store.
- They are more like to borrow a car, walk, bike, use public transit, shuttles or delivery services.<sup>12</sup>

Most food insecure households with children regularly use multiple methods to cope with food insecurity. Such coping strategies include<sup>13</sup>:

- eating inexpensive, unhealthy food
- eating food past the expiration date
- receiving help from families and friends
- watering down food or drinks
- selling or pawning personal property, and
- growing food in a garden.

**Proper nutrition prevents and reduces the risk for childhood disease as well as health problems in adulthood, including:**

- Cardiovascular disease
- Cancer
- Diabetes
- Osteoporosis
- Iron deficiency
- Dental cavities
- Strokes
- High cholesterol
- High blood pressure

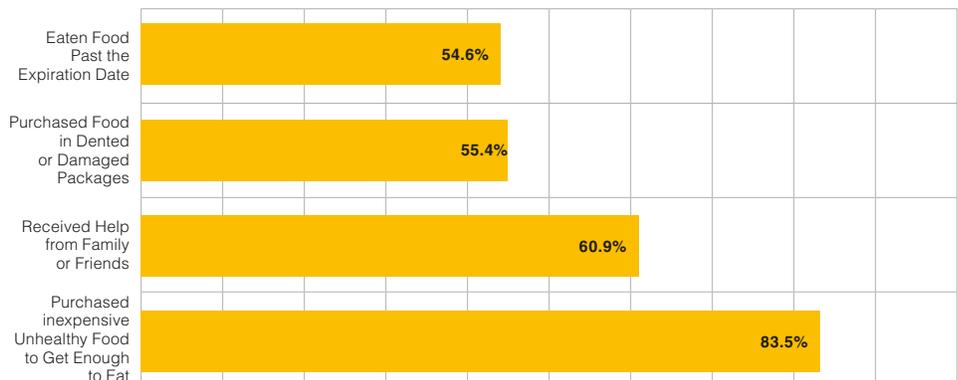
*Source: Centers for Disease Control and Prevention*

| Mode of Transportation to Primary Store |             |                    |  |
|---|-------------|--------------------|--|
|   | Own Vehicle | Someone Else's Car | Walk, Bike, Public Transit, Shuttle, Delivery, Other |
| Food Insecure                           | 70.0%       | 16.0%              | 14.0%  |
| Food Secure                             | 91.0%       | 5.0%               | 4.0%   |

*Statistically significant difference between food insecure and secure households for each type of transportation*

*Source: United States Department of Agriculture*

## Food Insecurity Compensation, United States: 2014



*Source: Feeding America*



Unfortunately, even when healthy food options are provided, there is no guarantee youth will choose to eat them. Indiana schools face many challenges implementing healthy lunch standards. According to school foodservice managers or directors, gaining student acceptance (82.4%), informing faculty, students and families (52.8%), and training staff (46.3%) were the most oft-reported difficulties. More than 4 out of 5 foodservice managers or directors report an increase in plate waste after implementing the new regulations (85.4%), the large majority of which is vegetables (75.0%).<sup>14</sup>

For more information on what constitutes healthy meals, see table on page 6.

## Programs to Combat Hunger

**There are a number of programs that exist to alleviate hunger for families and children.** Some of these programs are based on income requirements for families and others are available to all children through schools or afterschool programs. Most of these programs have nutritional guidelines or requirements for healthy meals and snacks.

### Nutrition Education Programs

**Nutrition education has been shown to help children make healthy eating decisions both inside and outside of structured programs.**

Children choose the food they eat based on biological factors (such as a gene that causes an aversion to bitterness), experiences with food, personal factors and environmental factors. However, nutrition education that focuses solely on increasing youth's knowledge of healthy options might not create long-lasting change in eating behaviors. Young children benefit from exposure to different foods through taste testing or similar activities. Older children are motivated by setting goals and having a sense

of autonomy. Nutrition programs for all children have been shown to be most effective when they include<sup>15</sup>:

- A focus on specific behaviors (how to cook or buy vegetables) rather than knowledge (food sources of vitamins)
- Taking into account the motivations, needs and perceptions of the group
- Sufficient time and intensity (50 hours of nutrition education is considered the minimum to effect behavior change)
- Coherent and clear curriculum
- Family involvement

### Women, Infants, and Children (WIC)

**Women, Infants, and Children (WIC) is a program designed to improve access to nutritious foods and promote healthier eating habits and lifestyles for pregnant women, infants and young children under age five.**<sup>16</sup>

- 43.2 percent of Indiana infants lived in a household that received WIC benefits and a total of 270,732 individuals received benefits in 2013.<sup>17</sup>

### Special Nutrition Assistance Program (SNAP)

**Special Nutrition Assistance Program (SNAP) is a food assistance program designed to raise the nutritional level of low-income households (formally called the Food Stamp Program).**<sup>18</sup>

- An average of 926,011 Hoosiers and 415,518 Hoosier households received SNAP benefits each month in 2013.<sup>19</sup>



---

## Temporary Assistance for Needy Families (TANF)

**Temporary Assistance for Needy Families (TANF) provides transitional cash assistance and supportive services to help families with children younger than 18 achieve economic self-sufficiency.**

Types of programs to which families are referred include child care services, medical assistance for dependent children, transportation services, aid for heating costs and food stamps.<sup>20</sup>

- A monthly average of 13,150 families in Indiana received TANF benefits in 2013, which accounts for fewer than nine out of 100 Hoosier families with children in poverty.<sup>21</sup>

## Free and Reduced Price Lunch (FRPL) & Community Eligibility Provision (CEP)

**The National School Lunch Program offers free and reduced price lunches to qualifying students who submit applications at their school.**

Students qualify for free lunches if their household income is below 130 percent of the Federal Poverty Level (FPL) and reduced price lunches below 185 percent of FPL.<sup>22</sup> In 2015, a family of four would qualify if their annual household income was less than \$44,863 for reduced price meals, and \$31,525 for free meals.<sup>23</sup>

- In 2015, 41.3 percent of Indiana public school students received free lunches and 7.8 percent received reduced price lunches (49.1% total), an increase from 36.1 FRPL students in 2006.<sup>24</sup>

Recently the USDA has started the Community Eligibility Provision (CEP) which allows entire schools, or school districts, to offer all enrolled students breakfast and lunch at no cost. To qualify for CEPs, districts must have one or more schools with 40 percent or more of the student body residing in households receiving SNAP or TANF benefits, who are homeless, runaway or migrant youth, who are Head Start students, or who are foster children.<sup>25</sup>

- Indiana had 213 schools in 29 school districts with a total enrollment of 95,368 students electing CEP in 2015.<sup>26</sup>

## After School Snacks and Suppers

**The United States Department of Agriculture's (USDA) Child and Adult Care Food Program (CACFP) provides subsidized snacks and suppers for afterschool programs, child care centers and day care homes during the school year.**

USDA provides reimbursement for meals and snacks for programs where at least half of the children in local schools are eligible for free or reduced price lunch. Programs must offer educational activities, meet health, safety and licensing codes, and serve nutritionally balanced snacks.<sup>27</sup> Educational activities can include academic support, tutoring, mentoring, arts and crafts, music, nutrition education, or community service projects. Sports and recreational programs qualify as well if they are open to all children.<sup>28</sup>

- In 2013, the average daily attendance in CACFP programs in Indiana was 79,035, an increase from 65,572 in 2010.
- A total of 36,210,193 meals were served in 2013 compared to 34,465,545 in 2010.<sup>29</sup>



---

## Summer Food Service Program

**The Summer Food Service Program ensures that low-income children continue to receive nutritious meals when school is not in session.**

Meal sites are recruited and monitored by sponsors, which are typically schools, local government agencies, camps, churches, and private nonprofit organizations. Sponsors are chosen and trained by the Indiana Department of Education. Camps are eligible if at least half of the children are eligible for free and reduced price lunch, and only receive payments for the meals served to children who are eligible for free and reduced price meals. Most SFSP sites are at central locations, such as schools or community centers.<sup>30</sup> To find SFSP sites in your area or apply to become a site, visit: [www.fns.usda.gov/summerfoodrocks](http://www.fns.usda.gov/summerfoodrocks) or contact the Indiana Department of Education.

## Backpack Food Programs

**Many food banks and community foundations offer funding for backpack food programs.** These initiatives send children home with a backpack of easy-to-prepare food that is child friendly, non-perishable, and nutritious. Children are provided enough food to have six full meals every weekend.<sup>31</sup>

## What Does a Healthy Meal Consist Of?

**Dietary guidelines recommend a diet rich in fruits and vegetables, whole grains, and fat-free and low-fat dairy products for children ages 2 and older.**

Children and adolescents should limit intake of solid fats, cholesterol, sodium, added sugars and refined grains. Empty calories from added sugars and solid fats contribute to 40% of daily calories for the majority of children, including soda, fruit drinks, dairy desserts, grain desserts, pizza and whole milk.<sup>32</sup>

The type of food isn't the only important aspect of healthy eating. How much food and when the food is served should also be monitored. When children graze all day they have difficulty figuring out when they are truly hungry. Well-timed snacks can even out spikes in hunger and provide boosts to energy between meals. Toddlers don't eat as much as older children, but they may need to eat more frequently, having three meals and two to three snacks. School age children still usually need an afterschool snack to provide energy for homework and other commitments.<sup>33</sup>

Offering children sweets and desserts as an afterschool snack often leads to energy crashes. Additionally, rewarding children for good behavior with sweets can cause them to see sweets as more valuable than other foods.<sup>33</sup>

The next page contains a table with an overview of the recommendations for serving nutritious breakfast, lunch/supper, and snacks for children in afterschool care and programs.





# The Food Children Need

## Infant Recommended Meals

|                  | Food Components     | 0-3 months         | 4-7 months               | 8-11 months  |
|------------------|---------------------|--------------------|--------------------------|--|
| <b>Breakfast</b> | milk                | 4-6 oz breastmilk* | 4-8 oz breastmilk*       | 6-8 oz breastmilk*   |
|                  | fruit/vegetable     | -                  | -                        | 1-4 Tbsp fruit/vegetable   |
|                  | grains/bread        | -                  | 0-3 Tbsp infant cereal   | 2-4 Tbsp infant cereal   |
| <b>Lunch</b>     | milk                | 4-6 oz breastmilk* | 4-8 oz breastmilk*       | 6-8 oz breastmilk*   |
|                  | fruit/vegetable     | -                  | 0-3 Tbsp fruit/vegetable | 1-4 Tbsp fruit/vegetable   |
|                  | grains/bread        | -                  | 0-3 Tbsp infant cereal   | 2-4 Tbsp infant cereal   |
|                  | meat/meat alternate | -                  | -                        | 1-4 Tbsp meat/fish/poultry/egg yolk/<br>cooked dry beans/peas or ½-2 oz<br>cheese or 1-4 oz cottage cheese |
| <b>Snack</b>     | milk                | 4-6 oz breastmilk* | 4-6 oz breastmilk*       | 2-4 oz breastmilk* or fruit juice  |
|                  | fruit/vegetable     | -                  | -                        | -  |
|                  | grains/bread        | -                  | -                        | bread or 1-2 crackers  |
|                  | meat/meat alternate | -                  | -                        | -  |

## Child Recommended Meals

|                  | Food Components  | 1-2 Years                                    | 3-5 Years   | 6-12 Years |
|------------------|--|--|-------------|------------|
| <b>Breakfast</b> | milk   | 1/2 cup                                      | 3/4 cup     | 1 cup      |
|                  | fruit/vegetable  | 1/4 cup                                      | 1/2 cup     | 1/2 cup    |
|                  | grains/bread<br>(choose one)                                   |  |             |            |
|                  | - bread/biscuit/roll/muffin                                    | 1/2 serving                                  | 1/2 serving | 1 serving  |
|                  | - cold dry cereal  | 1/4 cup                                      | 1/3 cup     | 3/4 cup    |
|                  | - hot cooked cereal  | 1/4 cup                                      | 1/4 cup     | 1/2 cup    |
|                  | - pasta/noodle/grains  | 1/4 cup                                      | 1/4 cup     | 1/2 cup    |
| <b>Lunch</b>     | milk   | 1/2 cup                                      | 3/4 cup     | 1 cup      |
|                  | fruit/vegetable  | 1/4 cup                                      | 1/2 cup     | 3/4 cup    |
|                  | grains/bread<br>(choose one)                                   |  |             |            |
|                  | - bread/biscuit/roll/muffin                                    | 1/2 serving                                  | 1/2 serving | 1 serving  |
|                  | - cold dry cereal  | 1/4 cup                                      | 1/3 cup     | 3/4 cup    |
|                  | - hot cooked cereal  | 1/4 cup                                      | 1/4 cup     | 1/2 cup    |
|                  | - pasta/noodle/grains  | 1/4 cup                                      | 1/4 cup     | 1/2 cup    |
|                  | meat/meat alternate<br>(choose one)                            |  |             |            |
|                  | - meat/poultry/fish  | 1 oz   | 1.5 oz      | 2 oz       |
|                  | - cheese   | 1 oz   | 1.5 oz      | 2.1 oz     |
|                  | - egg  | 1/2  | 3/4         | 1          |
|                  | - cooked dry beans/peas  | 1/4 cup                                      | 3/8 cup     | 1/2 cup    |
|                  | - peanut butter  | 2 Tbsp                                       | 3 Tbsp      | 4 Tbsp     |
| - nuts/seeds     | 1/2 oz   | 3/4 oz                                       | 1 oz        |            |
| - yogurt         | 4 oz   | 6 oz   | 8 oz        |            |
| <b>Snack</b>     | milk<br>fruit/vegetable<br>grains/bread<br>meat/meat alternate | select 2 of the 4 food components from lunch |             |            |



\*or formula  
Source: United States  
Department of Agriculture,  
Food and Nutrition Services

## Resources

**National Hunger Hotline** is available Monday to Friday 9am to 6pm and refers people in need of emergency food assistance to food pantries, government programs, and local organizations. 1-800-5HUNGRY (1-800-548-6479) or email at [nhc@whyhunger.org](mailto:nhc@whyhunger.org) or online <http://www.whyhunger.org/findfood>

**Temporary Assistance for Needy Families** provides brochures in English and Spanish with FAQs on eligibility and services provided: [http://www.in.gov/fssa/files/TANF\\_TriFold\\_English.pdf](http://www.in.gov/fssa/files/TANF_TriFold_English.pdf) [http://www.in.gov/fssa/files/5360\\_Spanish\\_TANF\\_Bro.pdf](http://www.in.gov/fssa/files/5360_Spanish_TANF_Bro.pdf)

**Feeding America** is a national network of food banks. Provides a map that allows users to enter their zip code to find the nearest food bank. <http://www.feedingamerica.org/find-your-local-foodbank/>

**Jump IN for Healthy Kids** is a model of a community collaboration around healthy eating and living that has worked well in many cities and being utilized in Central Indiana. For more about this campaign: <http://www.jumpinforhealthykids.org/>

**No Kid Hungry** maintains a list of Child Nutrition Program Grant Opportunities and connects kids to healthy foods, teaches families how to cook healthy meals, and invests in community organizations that fight hunger: <http://bestpractices.nokidhungry.org/child-nutrition-program-grant-opportunities>

**Healthy Meals Resource System** provides state level Healthy Food Resources, as well as a searchable database of Best Practices for healthy menus that meet regulations for both schools and agencies: <http://healthymeals.nal.usda.gov/state-sharing-center/indiana>; <http://healthymeals.nal.usda.gov/best-practices>

**Kids Gardening** provides the Youth Garden Grant, which helps schools and youth programs create gardens with educational connections. <http://grants.kidsgardening.org/>

**Summer Food Service Program** has a map of all meal service locations and meal requirements. Search by entering an address or zip code and find operating dates, sponsoring organizations, days and hours of service, types of meals served, and contact information.

<http://www.fns.usda.gov/summerfoodrocks>;

<http://www.fns.usda.gov/sfsp/sfsp-meals-and-snacks>

**Child and Adult Food Service Program** lists recommendations for serving meals and for children and infants: [http://www.fns.usda.gov/sites/default/files/Child\\_Meals.pdf](http://www.fns.usda.gov/sites/default/files/Child_Meals.pdf); [http://www.fns.usda.gov/sites/default/files/Infant\\_Meals.pdf](http://www.fns.usda.gov/sites/default/files/Infant_Meals.pdf)

Issue Briefs are short, easy-to-read reports on critical youth trends.

To see past issues, go to: [www.iyi.org/issuebriefs](http://www.iyi.org/issuebriefs)



## Sources

- <sup>1</sup> Centers for Disease Control and Prevention. (2014). Nutrition and the Health of Young People. Retrieved from <http://www.cdc.gov/healthyouth/nutrition/facts.htm>
- <sup>2</sup> Centers for Disease Control and Prevention. (2014). Nutrition and the Health of Young People. Retrieved from <http://www.cdc.gov/healthyouth/nutrition/facts.htm>
- <sup>3</sup> Child Trends. (2014). Food Insecurity. Retrieved from <http://www.childtrends.org/?indicators=food-insecurity>
- <sup>4</sup> Centers for Disease Control and Prevention. (2010). NCHS Data Brief: Obesity and Socioeconomic Status in Children and Adolescents. Retrieved from <http://www.cdc.gov/nchs/data/databriefs/db51.pdf>
- <sup>5</sup> Gundersen, C., A. Satoh, A. Dewey, M. Kato & E. Engelhard. Map the Meal Gap 2015: Food Insecurity and Child Food Insecurity Estimates at the County Level. Feeding America, 2015.
- <sup>6</sup> U.S. Department of Agriculture, Economic Research Service. (2014). Household Food Security in the United States in 2013. Retrieved from [http://www.ers.usda.gov/media/1565410/err173\\_summary.pdf](http://www.ers.usda.gov/media/1565410/err173_summary.pdf)
- <sup>7</sup> Gundersen, C., A. Satoh, A. Dewey, M. Kato & E. Engelhard. Map the Meal Gap 2015: Food Insecurity and Child Food Insecurity Estimates at the County Level. Feeding America, 2015.
- <sup>8</sup> The Future of Children. (2014). Childhood Food Insecurity in the U.S.: Trends, Causes, and Policy Options. Retrieved from [http://www.aspeninstitute.org/sites/default/files/content/docs/ee/N.Childhood\\_Food\\_Insecurity\\_in\\_the\\_U.S..pdf](http://www.aspeninstitute.org/sites/default/files/content/docs/ee/N.Childhood_Food_Insecurity_in_the_U.S..pdf)
- <sup>9</sup> U.S. Department of Agriculture. (2014). Child and Adult Care Food Program (CACFP). Retrieved from <http://www.fns.usda.gov/cacfp/afterschool-programs>
- <sup>10</sup> U.S. Department of Agriculture. (2015). Where Do Americans Usually Shop for Food and How Do They Travel To Get There? Initial Findings from the National Household Food Acquisition and Purchase Survey. Retrieved from <http://www.ers.usda.gov/media/1807325/eib138.pdf>
- <sup>11</sup> U.S. Department of Agriculture. (2009). Access to Affordable and Nutritious Food: Measuring and Understanding Food Deserts and Their Consequences. Retrieved from [http://ers.usda.gov/media/242584/ap036fm\\_1\\_.pdf](http://ers.usda.gov/media/242584/ap036fm_1_.pdf)
- <sup>12</sup> U.S. Department of Agriculture. (2015). Where Do Americans Usually Shop for Food and How Do They Travel To Get There? Initial Findings from the National Household Food Acquisition and Purchase Survey. Retrieved from <http://www.ers.usda.gov/media/1807325/eib138.pdf>
- <sup>13</sup> Feeding America. (2014). Hunger in America 2014. Retrieved from <http://www.feedingamerica.org/hunger-in-america/our-research/hunger-in-america/>
- <sup>14</sup> School Nutrition Association. (2015). Methods and Challenges Related to Implementing the New National School Lunch Program Regulations in Indiana. Retrieved from [https://schoolnutrition.org/uploadedFiles/5\\_News\\_and\\_Publications/4\\_The\\_Journal\\_of\\_Child\\_Nutrition\\_and\\_Management/Spring\\_2015/JCNM%20863%20Manuscript%20Print%20Ready%20Final.pdf](https://schoolnutrition.org/uploadedFiles/5_News_and_Publications/4_The_Journal_of_Child_Nutrition_and_Management/Spring_2015/JCNM%20863%20Manuscript%20Print%20Ready%20Final.pdf)
- <sup>15</sup> No Kid Hungry Center for Best Practices. (n.d.). Healthy Foods: Nutrition Education. Retrieved from <https://bestpractices.nokidhungry.org/healthy-foods-nutrition-education>
- <sup>16</sup> U.S. Department of Agriculture. (2015). Women, Infants, and Children (WIC). Retrieved from <http://www.fns.usda.gov/wic/women-infants-and-children-wic>
- <sup>17</sup> Indiana State Department of Health, WIC Division. (2013). Data Request.
- <sup>18</sup> Indiana Family and Social Services Administration. (n.d.). Supplemental Nutrition Assistance Program. Retrieved from <http://www.in.gov/fssa/dfr/2691.htm>
- <sup>19</sup> U.S. Department of Agriculture. (2015). Supplemental Nutrition Assistance Program (SNAP). Retrieved from <http://www.fns.usda.gov/pd/supplemental-nutrition-assistance-program-snap>
- <sup>20</sup> Indiana Family and Social Services Administration. (n.d.). Temporary Assistance for Needy Families. Retrieved from [http://www.in.gov/fssa/dfr/2684.htm#What\\_is\\_TANF](http://www.in.gov/fssa/dfr/2684.htm#What_is_TANF)
- <sup>21</sup> Indiana Family and Social Services Administration, Department of Family Resources. (2013). Data Request
- <sup>22</sup> U.S. Department of Agriculture. (2013). National School Lunch Program. Retrieved from <http://www.fns.usda.gov/sites/default/files/NSLPFactSheet.pdf>
- <sup>23</sup> United States Department of Agriculture. (2015). School Meals Income Eligibility. Retrieved from <http://www.fns.usda.gov/school-meals/income-eligibility-guidelines>
- <sup>24</sup> Indiana Department of Education. (2014). DOE Compass. Retrieved from <http://compass.doe.in.gov/>
- <sup>25</sup> U.S. Department of Agriculture. (2015). School Meals: Community Eligibility Provision. Retrieved from <http://www.fns.usda.gov/school-meals/community-eligibility-provision>
- <sup>26</sup> U.S. Department of Agriculture. (2014). Community Eligibility Provision (CEP) Elections by State. Retrieved from <http://www.fns.usda.gov/sites/default/files/cn/state-cep-election-data.pdf>
- <sup>27</sup> U.S. Department of Agriculture. (2015). Child and Adult Care Food Program (CACFP): Afterschool Meals. Retrieved from <http://www.fns.usda.gov/cacfp/afterschool-meals>
- <sup>28</sup> Food Research and Action Center. (n.d.). Afterschool Meals Guide. Retrieved from <http://frac.org/federal-foodnutrition-programs/afterschool-programs/fracs-afterschool-meals-guide/>
- <sup>29</sup> U.S. Department of Agriculture. (2015). Child Nutrition Tables. Retrieved from <http://www.fns.usda.gov/pd/child-nutrition-tables>
- <sup>30</sup> U.S. Department of Agriculture. (n.d.). USDA Summer Food Service Program Fact Sheet. Retrieved from <http://www.fns.usda.gov/sites/default/files/sfsp/SFSP-Fact-Sheet.pdf>
- <sup>31</sup> Feeding America. (n.d.). Backpack Program. Retrieved from <http://www.feedingamerica.org/about-us/we-feed-children/backpack-program/>
- <sup>32</sup> Centers for Disease Control and Prevention. (2014). Nutrition and the Health of Young People. Retrieved from <http://www.cdc.gov/healthyouth/nutrition/facts.htm>
- <sup>33</sup> KidsHealth. (n.d.). Smart Snacking. Retrieved from [http://kidshealth.org/parent/nutrition\\_center/healthy\\_eating/snacking.html?tracking=P\\_RelatedArticle](http://kidshealth.org/parent/nutrition_center/healthy_eating/snacking.html?tracking=P_RelatedArticle)
- <sup>34</sup> KidsHealth. (n.d.). Smart Snacking. Retrieved from [http://kidshealth.org/parent/nutrition\\_center/healthy\\_eating/snacking.html?tracking=P\\_RelatedArticle](http://kidshealth.org/parent/nutrition_center/healthy_eating/snacking.html?tracking=P_RelatedArticle)

## IYI Resources

**The latest data is at your fingertips with IYI's Data Center.** Search statistics and gather data to improve your program planning and grant writing or, request customized data. Go to [www.iyi.org/data](http://www.iyi.org/data).

Get the most comprehensive overview of children's well-being in Indiana.

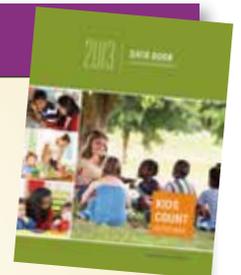
**Download the Kids Count in Indiana Data Book** at [www.iyi.org/databook](http://www.iyi.org/databook).

Want in-depth information on youth? Check out the free resources at **IYI's Virginia Beall Ball Library**. We will mail you the library materials and include a postage paid return envelope. Go to [www.iyi.org/library](http://www.iyi.org/library) for details.

Have a quick question or want to bounce an idea around? **Contact Ask IYI for free resources and tips:** call 1-855-2ask-IYI or visit [www.iyi.org/ask](http://www.iyi.org/ask).

**Looking for training on youth issues?** IYI provides regional trainings and free webinars on youth development and nonprofit management. Go to [www.iyi.org/trainings](http://www.iyi.org/trainings) for details.

Need one-on-one assistance with planning, evaluating, or expanding your organization? Benefit from IYI's Consulting Services and receive professional help at affordable hourly rates – discounted far below market value. Go to [www.iyi.org/consulting-services](http://www.iyi.org/consulting-services) for details.



603 East Washington Street, Suite 800  
Indianapolis, IN 46204  
317.396.2700 or 800.343.7060

**iyi.org**